



Read

1st min. sec.

2nd min. sec.

Psychology Answers Your Questions



Do you think you have a unique problem? Chances are that many other people have the same problem. Psychology is the study of the human mind and behavior, so it can help you find a solution to your problem.

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psychology chances are that behavior

How do I become less nervous?

It was five minutes before Jisu's big presentation in front of the whole class.

5 Feeling nervous, Jisu was carefully studying her notes in her chair.

Then, her teacher came over and told her to stand tall like Wonder Woman. After standing tall for a few minutes, Jisu did not

10 feel nervous anymore. In fact, she was confident that she would make a great presentation. According to Amy Cuddy, a famous psychologist, we can become more confident just by standing tall for two minutes before stressful events.

Our bodies change our minds, and our minds can change our behavior. Do you want to feel confident? Stand with your feet apart, and place your hands on your hips.

20 You will not only feel sure about yourself but also look confident to other people.

Q1 Why did Jisu feel nervous?

confident apart hip

Think & Share When do you feel nervous?

